

# HEALTHY RECIPES

## Grapefruit Oatmeal Quick Bread

3 cups all-purpose flour	1 egg
_ teaspoon salt	1 _ cups grapefruit juice
4 teaspoons baking powder	1 cup chopped walnuts
_ teaspoon baking soda	
2/3 cup honey	
_ cup margarine, softened	
1 2/3 cups rolled oats	

### Directions:

1. Preheat oven to 350 degrees F
2. Sift together flour, salt, baking powder and baking soda into a large mixing bowl.
3. In a medium bowl, mix honey together with margarine until creamy. Add to flour mixture along with the oats, egg, grapefruit juice and walnuts. Stir together until smooth and pour into a lightly greased 9x5 inch loaf pan.
4. Bake at 350 degrees F for 1 hour or until a toothpick inserted into the center comes out clean.

Servings per recipe: 12

Calories: 331

Total fat: 11.8 g

Cholesterol: 18 mg

Sodium: 397 mg

Total carbs: 51.1 g

Dietary fiber: 2.8 g

Protein: 7.3 g



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## Orange Chicken

- 1 cup orange juice
- 1 tablespoon soy sauce
- \_ teaspoon garlic powder, or to taste
- 1 (1 ounce) envelope dry onion soup mix
- 8 chicken thighs

### Directions:

1. Preheat oven to 350 degrees F.
2. In a small bowl, stir together the orange juice, onion soup mix, soy sauce, and garlic powder; set aside.
3. Rinse chicken and pat dry.
4. Place chicken thighs into a 9x13 inch glass baking dish. Pour the orange juice mixture over the chicken.
5. Bake, uncovered, for 1 hour and 30 minutes in the preheated oven, basting every half hour. If using boneless chicken, reduce cooking time to 1 hour.

Servings per recipe: 8

Calories: 180

Total fat: 9.9 g

Cholesterol: 59 mg

Sodium: 477 mg

Total carbs: 5.7 g

Dietary fiber: 0.3 g



# HEALTHY RECIPES

## Lemon Chicken

- 1 lemon
- 2 teaspoons dried oregano
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- \_ teaspoon salt
- \_ teaspoon ground black pepper
- 6 chicken legs

### Directions:

1. Preheat oven to 425 degrees F
2. In a 9x13 inch baking dish, grate the peel from \_ the lemon. Squeeze out juice from lemon, about \_ cup, and add to peel with the oregano, garlic, oil, salt and pepper. Stir until mixed.
3. Remove skin from chicken pieces and discard. Coat chicken pieces with lemon mixture and arrange, bone side up, in the baking dish. Cover dish and bake for 20 minutes. Turn and baste chicken.
4. Reduce heat to 400 degrees F and bake uncovered, basting every 10 minutes for another 30 minutes. Serve chicken with pan juices.

Servings per recipe: 6

Calories: 241

Total fat: 11.8 g

Cholesterol: 105 mg

Sodium: 200 mg

Total carbs: 2.8 g

Dietary fiber: 1.1 g

Protein: 30.6 g



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